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Suspicious New Year's death probed

Man found in Oliver-area condo died in hospital PAGE 3

And here come the resolutions!

Start the new year with this healthy baked salmon PAGE 13

THEY WERE DATING?

METRO RECOUNTS THE TOP 10 CELEBRITY BREAKUPS OF 2013 PAGE 11

Jeff and Erin McAdam cuddle their newest addition, Kael Hudson, on New Year's Day. Kael was Edmonton's first baby born in 2014. LEAH GERMAIN/METRO

Edmonton welcomes first baby of 2014

Kael Hudson. Spruce Grove couple give birth to 7 pound, 7 ounce child at 12:24 a.m.

LEAH GERMAIN
edmonton@metronews.ca

As Edmontonians celebrated the start of a new year, a Spruce Grove couple welcomed their first child and the city's first baby born in 2014.

Kael Hudson was delivered at 12:24 a.m. at the Misericordia Community Hospital Wednesday.

Weighing seven pounds and seven ounces, Kael is the first child for his parents Erin and Jeff McAdam.

Originally due on Jan. 8, Kael decided to come early and help his parents ring in the new year.

"I actually went into labour on Dec. 30," said the new mom, who was originally sent home by doctors because she was not fully dilated.

"We came back (Tuesday) around noon and then I ended up having him just after midnight."

After approximately 30 hours of labour, McAdam said she opted for an epidural when she went into full labour.

"There were a few pretty rough hours in there," she said with a laugh.

"It went pretty smoothly," added new dad Jeff as he smiled down at his wife. "She did very well. It was very overwhelming and hard to watch her going through the pain, but it is all worth it in the end."

The name, Kael Hudson, was one both parents agreed had a nice ring to it.

With plans for more children in the future, the McAdams said they are looking forward to enjoying their newest addition and appreciated all the support from the hospital's staff, which included a gift basket.

"We are just happy he is healthy when he came out," the new dad said.

The parents planned to take their new addition home on Thursday to his nursery, which Jeff said has been ready for a while.

Shortly after the birth of Kael, Edmonton welcomed its second baby at approximately 12:26 a.m. at the Grey Nuns hospital.

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Suspicious death could be first murder of 2014

Alta Vista North condo. Man found at Oliver-area building, died later in hospital

LEAH GERMAIN
edmonton@metronews.ca

Edmonton police are investigating after a man died early Wednesday morning after being found at a downtown condo.

Police were called to the Alta Vista North condo at 103rd Avenue and 111th Street in Oliver just after 8 a.m. New Year's Day, after a person, who was with the man, asked residents in the building for help.

Officers arrived at the scene and performed CPR on the man prior to paramedics arriving. He was then rushed to hospital, where he later died.

According to police, the deceased was 52-years-old. Few other details are being released at this time.

"It's a bit alarming," said one man who lives in the Alta Vista South condo building, next to where the deceased was found. He did not wish to give his name.

Frenetic day

"I just assumed there was a wild party in one of the suites last night."

A resident of the neighbouring Alta Vista South condo, who declined to give his name

"There were (police) out front earlier," he said. "I just assumed there was a wild party in one of the suites last night."

Doug Shandro has lived in the area for the last 25 years and said it's generally a quiet area.

"This is one of the best areas of Edmonton to live in," Shandro said.

Police are asking anyone with information to contact them at 780-423-4567.

The precise moment when you realize your awful, irreversible mistake

Brent Toner, 19, jumps feet first in Lake Summerside on Wednesday for the third annual Polar Plunge. The Law Enforcement Torch Run puts the event on to raise funds and awareness for the Special Olympics. LEAH GERMAIN/METRO

Digital Nomad ranks City Market in top stops of 2013

A social-media correspondent for National Geographic has named Edmonton's downtown farmers' market as one of the best places he visited in 2013.

Under the guise of the Digital Nomad, Andrew Evans not only travels the world but documents his adventures through blogs and Twitter for the publication.

This year, Evans compiled a list of some of the favourite places he visited in 2013, including the City Market Downtown.

"If you think of all the places he goes, that's quite a distinction," said Dan Young, chairperson for the City Market.

Located on 104th Street, the market is open outside from May to Thanksgiving and then moves indoors to city hall in October.

"This is a great opportunity for me to showcase our product, along with the other vendors," added Young, who, in addition to acting as board chair, is a vendor at the market. LEAH GERMAIN/METRO

Good company

For the full list of Andrew Evans' favourite places, check out digitalnomad.nationalgeographic.com.

New Year's Eve

Alcohol behind manic night: Cops

Edmonton police are blaming alcohol for the dramatic increase in calls to dispatch on New Year's Eve this year.

"It was stupid busy," said Sgt. Mike Weir, who works in the EPS communication department.

Weir said the dispatch was bombarded with calls shortly after 2:30 a.m. Wednesday morning. LEAH GERMAIN/METRO

Over 600 H1N1 cases

Outbreak prompts mass flu-shot plan

Alberta will open mass-immunization clinics in four communities to deal with a surge of flu cases.

Health Services confirmed 662 flu cases in the province as of Friday, including 621 H1N1 cases.

The organization says the clinics will open Thursday in Calgary and Slave Lake and on Friday in Edmonton and Grande Prairie. THE CANADIAN PRESS

Palestinian ambassador to Czech Republic killed by exploding safe

Booby-trapped?

Foreign minister says no foul play suspected in apartment blast

The Palestinian ambassador to the Czech Republic died Wednesday in an explosion that occurred when he opened an old safe that had been left untouched for more than 20 years, officials said.

Ambassador Jamal al-Jamal, 56, was at home with his family at the time of the explosion, according to Palestinian Embassy spokesman Nabil El-Fahel. Al-Jamal was seriously injured and rushed to a hospital where he died, according to police spokeswoman Andrea Zoulova.

Palestinian Foreign Minister Riad Malki said no foul play was suspected, noting that the safe had been left untouched for more than 20 years.

It also appeared that the door of the safe had been booby-trapped, according to Zoulova. It was unclear how al-Jamal tried to open it or what type of safe it was.

The safe was recently moved from the old embassy building, but it had come from a location that used to house the Palestinian Liberation Organization's offices in the 1980s, Malki said.

"The ambassador decided to open it. After he opened it, apparently something happened inside (the safe) and went off," Malki told The Associated Press.

It was not immediately clear how Malki knew the safe had been untouched for more than 20 years or why and when the safe would have been booby-trapped.

During the 1980s — before the fall of the Soviet Union — the PLO had close ties with the Eastern Bloc countries. In recent years, relations have been tense and the Czech government was seen as taking Israel's side in the Mideast conflict, said Nabil Shaath, a foreign affairs veteran and official in Palestinian President Mahmoud Abbas's Fatah movement.

"The safe was sitting … in … the old embassy.... No one had touched it for 20 to 25 years," Malki said.

THE ASSOCIATED PRESS

Untouched for more than 20 years

"He opened it and asked his wife to bring a paper and a pen to write down the contents of the safe. She left him to bring (the) pen and paper. During that time, she heard ... an explosion." Palestinian Foreign Minister Riad Malki

Firemen lay on the ground near the residence of Jamal al-Jamal, Palestinian ambassador to the Czech Republic, in Prague on Wednesday. The ambassador died in an explosion that occurred when he opened an office safe that officials say had been left untouched for more than 20 years. Inset: A recent photo of Jamal al-Jamal.

KATERINA SULOVA/CTK/THE ASSOCIATED PRESS; INSET: KRUMPHANZL MICHAL/CTK/THE ASSOCIATED PRESS FILE

Cayman Islands cruise

Canadian may have fallen off ship

Police in the Cayman Islands said Wednesday that they suspect a Canadian cruise ship passenger may have fallen off the boat as search crews scoured waters around the British Caribbean territory.

Police said they believe the unidentified 65-year-old man may have fallen around dawn on Tuesday about 21 kilometres northwest of Grand Cayman.

THE ASSOCIATED PRESS

Former Israeli PM

Sharon's health takes a bad turn

The medical condition of the comatose former Israeli prime minister Ariel Sharon sharply deteriorated Wednesday, the hospital treating him said.

Sharon, 85, has been in a coma since 2006 when a devastating stroke incapacitated him at the height of his political power. His family has said that he sometimes opens his eyes and moves his fingers.

THE ASSOCIATED PRESS

Coded message?

Vodafone Egypt ad rouses suspicion

Prosecutors have questioned officials in one of Egypt's largest telecommunications companies over an online advertisement featuring a puppet, which a controversial blogger has accused of delivering a coded message linked to the Muslim Brotherhood, the company said Wednesday. Ahmed "Spider" says the code is linked to an upcoming attack. THE ASSOCIATED PRESS

MP says Sri Lanka officials threatened to deport her

A New Democrat MP of Tamil heritage says she experienced "political intimidation" during a private visit to her native Sri Lanka, but that authorities stopped short of trying to kick her out of the country.

In a statement issued Wednesday, Rathika Sitsabaiesan said she was warned by Sri Lankan officials that she could be arrested and deported.

Canadian officials were scrambling on New Year's Eve to determine the veracity of reports that Sitsabaiesan, a Toronto-area MP, had been placed under house arrest.

Sitsabaiesan said in the statement that she had received word from the Canadian High Commission in Colombo that there was in fact no Sri Lankan arrest warrant in her name.

"My experiences since arriving in Sri Lanka are a reminder that defending principles of human rights is not easy, but I continue to believe that it is only through open dialogue and freedom of expression that people can ultimately achieve healing and reconciliation," Sitsabaiesan said in the statement.

THE CANADIAN PRESS

NDP MP Rathika Sitsabaiesan rises during Question Period in the House of Commons in October 2012. Sitsabaiesan claims she faced "political intimidation" during a visit to her native Sri Lanka. ADRIAN WYLD/THE CANADIAN PRESS FILE

Fighting for human rights

Sitsabaiesan, 32, came to Canada with her family at age five and was elected to the House of Commons in 2011 in the Toronto-area riding of Scarborough-Rouge River.

- She took on a prominent role in New Democrat efforts to urge Stephen Harper to boycott a meeting of Commonwealth leaders that was held in Sri Lanka in November.
- Harper had indicated he was giving the meeting a pass in protest of the Sri Lankan government's human-rights record.

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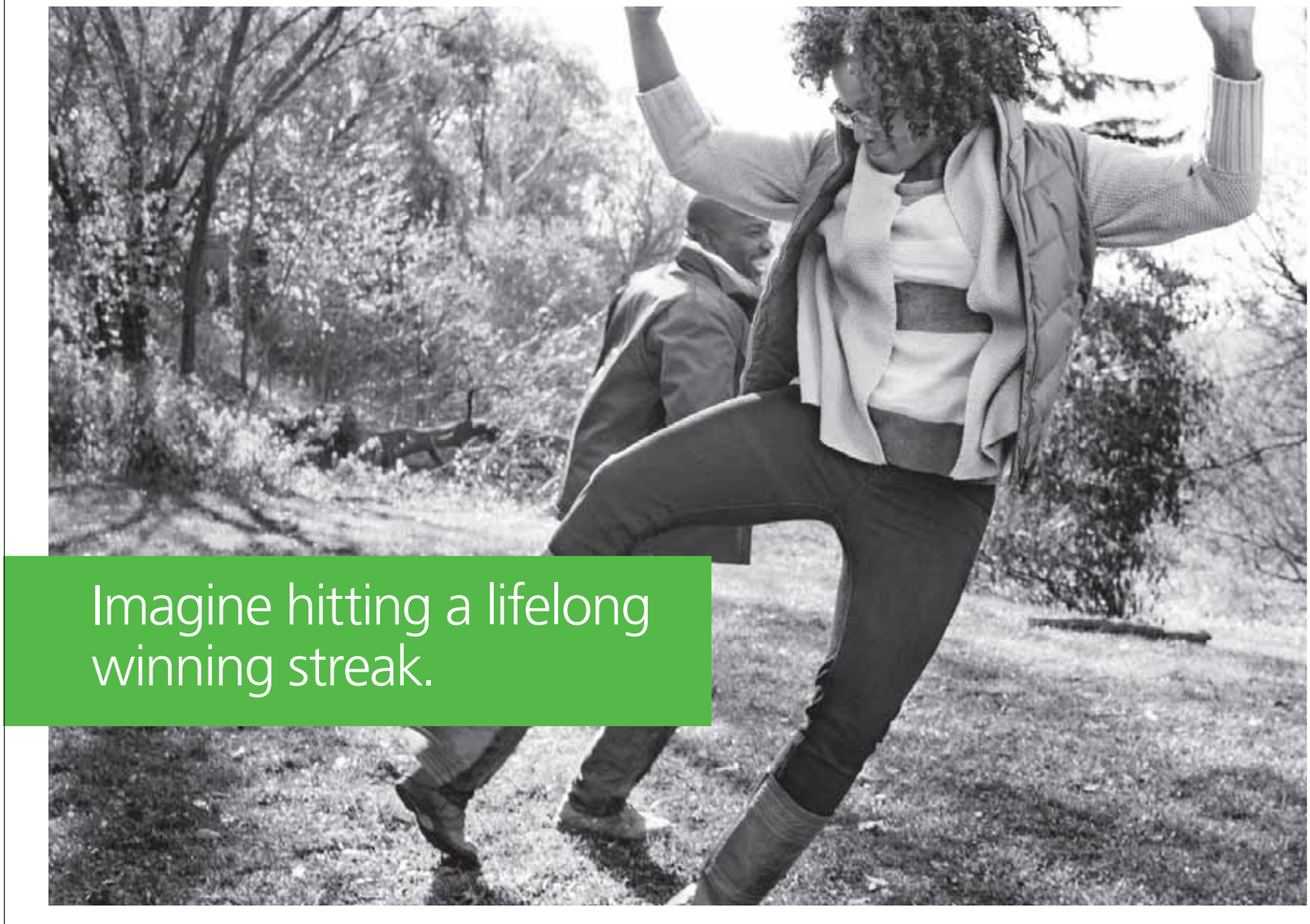

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Joe CEO earns 171 times more than Joe Schmo

Life found on 'economic stratosphere.' Report out on Canada's top 100

Five years after the Great Recession wiped out thousands of jobs, Canada's top 100 CEOs continue to live in the "economic stratosphere," a study says.

They earned an average of $7.9 million in 2012, a report by the Canadian Centre for Policy Alternatives found. In comparison, the average Canadian earned $46,634, the study noted. That means Canada's top CEOs earned 171 times the average industrial wage.

Despite growing outcry over the widening income gap and soaring executive pay, very little has changed since 2008, when rules on how stock options should be valued were changed, the report says.

"For me, the remarkable thing about the last two or three years is what's not happening: … Any moderation despite the focus on the one per cent, despite the constant stories about excessive executive compensation ... these salaries have been remarkably resilient," says Hugh Mackenzie, an economist with CCPA.

Put another way: By 1:11 p.m. today, the top 100 CEOs will have earned as much as the average Canadian earns all year, according to the report, called All in a Day's Work? CEO Pay in Canada. The main driver of soaring pay is grants of shares and stock options.

There's no clear relationship between compensation and performance, the report concludes. **TORSTAR NEWS SERVICE**

Top 5 CEO earners (2012)

- **$49M.** E. Hunter Harrison, Canadian Pacific Railways Ltd.
- **$18.8M.** James C. Smith, Thomson Reuters Corp.
- **$18.67M.** John A. Manzoni, Talisman Energy Inc.
- **$18.66M.** Paul N. Wright, Eldorado Gold Corp.
- **$16.85M.** Donald J. Walker, Magna International Inc.

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Green stands for cash, envy and getting high

Tyler Williams of Blanchester, Ohio, selects marijuana strains to buy at the 3-D Denver Discrete Dispensary on Wednesday in Denver, Colo. Legalization of recreational marijuana sales in the state went into effect at 8 a.m. on what some have referred to as Green Wednesday. THEO STROOMER/GETTY IMAGES

Films for hipsters. Duo in Sask. bringing back VHS

A couple of Saskatoon movie buffs are reaching into their personal collections in hopes of reviving a staple of the last century — the VHS movie rental.

Jon Vaughn and Tyler Baptist estimate they have a collection of about 2,000 VHS tapes.

Their taste runs to science fiction and action, and includes such obscurities as 1985's Annihilators.

Vaughn and Baptist say they've been lending out their movies to friends for years and thought they should just start renting them out.

Their store, dubbed Videonomicon, will operate out of Beaumont Records.

They admit their collection is outside the usual stuff that can be found on DVDs or Netflix, but they say they'd hate to see their underground favourites lost forever.

"We just have 50 rentals at a time but the stock completely will change over every two months," said Baptist. "So it is completely recycling."

For Vaughn, choosing which movies to offer is like being a curator at an art gallery.

"They are kind of cultural artifacts in themselves now," he said.

"These films don't deserve to be lost," added Baptist. "We are trying to keep these films alive … they still deserve to be seen."

And in case your own machine was taken to the recycling depot a decade ago, the store will also rent VCRs to play the tapes.

THE CANADIAN PRESS

WE ARE ESSENTIAL TO LEARNING
NAIT

2014: THIS TIME FOR SURE

HE SAYS
John Mazerolle
metronews.ca

The word 'resolution' is from the Greek meaning, "something you tell people you're going to do that makes them say, 'good for you!' and then you feel good but you don't actually do the thing you said because the pat on the back from the people you told was more than enough satisfaction."

This is why resolutions are all Greek to me. (Ha!)

I've made bachelorhood-related resolutions many times since I started writing a weekly column in 1957, so I'll be taking the idea one step farther in 2014 by following through on a few of them. It's worth a shot.

It's necessary because even I've got to admit my bachelorhood lifestyle is getting out of hand. If I died today my obituary is pretty much guaranteed to include the word 'squalid.'

It has to change, which is why I present:

John's Bachelorhood Resolutions 2014: This time for sure

— I resolve to stop passing off the coloured mould in the bathroom as "accents."
— I resolve to throw out my spoiled milk instead of just sliding in new cartons next to the old ones until my fridge door looks like The Two Per Cent Milk Carton Museum and Cafe. Alternatively, I vow to claim that the 2 per cent fridge wall is a Damien Hirst installation entitled The Twelve Sacraments and cash in.
— I will note the irony of only cleaning up when I expect the arrival of the cleaning lady.
— I resolve to make my spice rack more relevant than the Spice Girls.
— I will learn that girlish screams are not enough to lift tough stains, that changing my angle slightly in the mirror is not the same as weight loss, and that mixing two different flavours of Campbell's Soup is not a "recipe."
— I vow to use my vacuum cleaner at least as often as I open my Drawer o' Random Cords. (I do that often, though I'm never sure why.)
— I will use only toilet paper as toilet paper. I don't get to hum the MacGyver theme because I found an alternative use for the coffee filters.
— I resolve to value my sunroom as a cherished part of my apartment instead of the place I throw recycling, DVDs without cases, books without shelf space, garbage bags containing things I'm not certain I remember, and deceased organisms.
— If I choose to procrastinate on all of these resolutions, I need a better excuse than, "My favourite Internet is on."

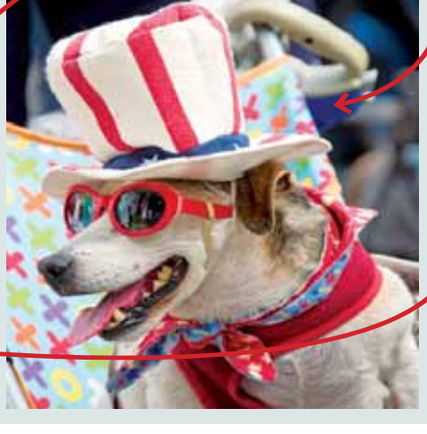
And those are my resolutions.

In 2014, won't you drop by my apartment to see how well I'm doing?

Please note that the Public Health Agency recommends a tetanus booster for anyone visiting my apartment and requires proof of immunization against Japanese encephalitis for some reason. See you soon!

ZOOM

Probably more fun than whatever you did:



Snapshots of New Year's celebrations around the world:

Indonesia

Girls in traditional costumes gather during a parade for the last sundown of the year on Bali island. FIRDIA LISNAWATI/THE ASSOCIATED PRESS

Germany

O Gunners of the historical Grenadier Corps 1810 greet the new year with 12 cannon salutes in Villingen-Schwenningen, southwestern Germany. This New Year's tradition dates back to 1633 remembering an overcome siege during the Thirty Year's War. PATRICK SEEGER/DPA/THE ASSOCIATED PRESS

USA

Dick the Dog is pushed in a carriage during the Key West Dachshund Walk. About 200 canines participated in the annual procession. ANDY NEWMAN/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Ecuador

A mask in the likeness of President Rafael Correa hangs with other masks in Quito, Ecuador. The masks are created to place on effigies that are burned at midnight. ANA MARIA BUITON/THE ASSOCIATED PRESS

Clickbait

LUKE SIMCOE
Metro Online

Although the video game market is still dominated by major studios, smaller, independent developers are finding new ways to reach consumers. Increasingly, this means packaging their games together in a pay-what-you-can bundle. Here are a few sites that will help you get your hands on some new games for cheap, and maybe even help out a charity or two along the way.

humblebundle.com: The king of the bundle scene, Humble Bundle has been going strong for over three years. They typically bring in over $1 million in sales for their packages, with the money being split between the organization, the game developers and charities like the Red Cross and the Electronic Frontier Foundation. Their games are cross-platform, and they've recently branched out to include mobile titles and even ebooks and music.

bundlestars.com: Based in the United Kingdom, this site offers bundles catering to different video game genres, from sports to role-playing games.

indieroyale.com: With a true focus on independent games, these bundles are guaranteed to include at least a few titles you've never heard of.

Twitter

A woman finds what she describes as a "very lethargic" snake in a curbside couch months after she initially picked it up. What's the weirdest thing you ever picked up with a roadside freebie?

@thewrongshoes: a rat had babies inside a sofabed we never opened. sat on them & squished.them. found out when they started to rot

@SUNAllisonSalz: Saw a computer. Took it home. Realized why it was free. Put it back.

@EminaKosjenka Friends got couch that kept hemorrhaging money on the way home! They plan on loading it w/change when theyr done w/ it.

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Insulator Job Readiness
[INSU702]

Sheet Metal Job Readiness
[SMTL702]

Hydronic Designer/Installer Core 1
[HDRO510]

Wood Working Skills
[CABM145]

Wood Working for Women
[CAMB151]

Elevated Work Platform Training
[IRON410]

Intro to Basic Machining Skills
[MACH150]

Machine Shop I
[MACH101]

Finishing Your Basement – Framing
[HOME110]

Concrete Countertops
[BILD330]

Custom Airbrushing
[ABTA501]

ELECTRICAL TRADES

Electrician Practical Assessment
[ELTR510]

Electrical Trade Basic Skills
[ELTR115]

Electrical – Master Certification
[ELTR700]

Electrical Code Update
[ELTR705]

HOSPITALITY & CULINARY ARTS

Vegan Desserts
[BAKG150]

Advanced Cakes, Pastries & Chocolates
[BAKG182]

Cooking New Orleans Style
[CULG451]

Decadent Chocolate & Truffles
[BAKG123]

Thai Cooking
[CULG130]

The Art of Garde Manager & Knife Skills
[CULG210]

Introduction to Molecular Gastronomy
[CULG412]

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Couple brings love of Vienna to North American audiences

Salute to Vienna.
Production showcases the talents of 130 performers on a whirlwind tour

BACKSTAGE PASS
Jennifer Laraway
edmonton@metronews.ca

Ring in the New Year with a Salute to Vienna Jan. 5 at the Winspear. CONTRIBUTED

Austria's capital city of Vienna is known for many things, including a rich music culture. Musical prodigies such as Mozart, Beethovan and the Strauss' all hailed from there.

It's no wonder Vienna native Marion Glatz has been captivated by Viennese music her entire life.

She says "The music, the dancing, the feeling is something you can't explain. It's something you have to experience."

That sentiment was enough to inspire Glatz, along with her husband Attila, to set up a production company to share their love of Vienna with Canada.

Although they still live in Austria, the pair manages various performing arts shows and concerts across North America. The goal is to share productions inspired by their life in Vienna.

Salute to Vienna is the company's signature show, modeled after Vienna's famous New Year's pomp.

Now in its 19th year, the show rings in the New Year throughout North America. Nearly 130 performers, including orchestra, singers, and dancers will take the stage for one show only on Sunday, January 5 at the Winspear Centre (4 Sir Winston Churchill Square) before taking off on a whirlwind tour with 22 stops across North America.

To prepare, the Glatz's have been getting every detail in order.

"We are excited the show is back in Edmonton and to share this production. It starts the New Year off right: in a light, joyous, and exciting way," says Marion. She goes on to say it takes nearly a full year of preparation to schedule the tour, hold auditions, and host countless rehearsals.

But perhaps most surprising is that after all their hard work, the Glatz's won't be back to see the final result.

With a busy production company to run, they are constantly working ahead of their performances.

But they aren't worried about the outcome.

Salute to Vienna has some of the most talented and award-winning performers as part of their roster.

Marion says she has every confidence in the seasoned pros bringing her childhood dreams of sharing Vienna's music to life.

Tickets for Salute to Vienna range from $49.50 to $89.50 and are available from winspearcentre.com.

Quick facts

- **Vienna.** Is known as the City of Music.
- **It's home to.** The Wiener Musikverein concert hall; home of the Vienna Philharmonic Orchestra
- **In 2007.** Vienna tied with Vancouver as the world's most liveable city.

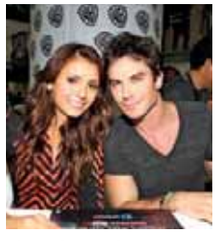
Top 10 celebrity splits of 2013

It was a messy year in the world of celebrity love lives. Both longtime couples and quick-moving flames found themselves burning out. Some parted ways on good terms (at least in the media), others left a wake of gossip and resentment in their paths, and a few even found their way back to each other.

METRO WORLD NEWS

Miley Cyrus and Liam Hemsworth

Jennifer Lawrence and Nicholas Hoult



Nina Dobrev and Ian Somerhalder

Miranda Kerr and Orlando Bloom

Taylor Swift and Harry Styles

Kris Jenner and Bruce Jenner

Katy Perry and John Mayer

Michael Douglas and Catherine Zeta-Jones

Marc Jacobs and Harry Louis

Ryan Seacrest and Julianne Hough

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Audio sampled on Beyoncé single stirring up controversy

MELINDA TAUB
Metro World News

Beyoncé's new single, XO, features audio from the day of the 1986 Challenger disaster. At the beginning of the song, NASA spokesman Steve Nesbitt can be heard saying, "Flight controllers here looking very carefully at the situation. Obviously a major malfunction."

It's an excerpt from a statement he made to reporters as debris from the Challenger rained from the sky. The Challenger exploded on Jan. 28, 1986, and killed all seven astronauts onboard.

"We were disappointed to learn that an audio clip from the day we lost our heroic Challenger crew was used in the song XO," June Scobee Rodgers, widow of Shuttle Commander Dick Scobee, told ABC News. "The moment included in this song is an emotionally difficult one for the Challenger families, colleagues and friends."

Beyoncé stopped short of offering an apology, but she did issue a statement explaining the rationale behind the sample. "My heart goes out to the families of those lost in the Challenger disaster. The song XO was recorded with the sincerest intention to help heal those who have lost loved ones and to remind us that unexpected things happen, so love and appreciate every minute that you have with those who mean the most to you."

Goodbye Uncle Phil

Fresh Prince actor James Avery dies at 65

James Avery, the bulky character actor who laid down the law as the Honorable Philip Banks in The Fresh Prince of Bel-Air, has died.

Avery's publicist, Cynthia Snyder, told The Associated Press that Avery died Tuesday. She did not immediately know the cause of death or where he died. Avery played Will Smith's uncle on the popular TV series. His movie credits included Fletch, 8 Million Ways to Die and The Prince of Egypt. METRO

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SHOPPERS DRUG MART

A brighter 2014 in store for shoppers

Colour me good. Bold graphics, pale pastels set to add pop to your closet in 2014

Whether you're seeking to make a minor ripple or sizable splash in your wardrobe in 2014, prognosticators are hoping to help make the new year a stylish one with predictions of noteworthy new looks in fashion. Lisa Tant, vice-president, fashion editor at Holt Renfrew, shars her views on notable trends and suggestions on how to incorporate the changes within your apparel and accessories.

Pale hues and bold blooms

When it comes to injecting a little extra colour into the wardrobe, Tant suggested opting for a softer touch in the form of a pretty pastel.

"We saw pale pink, pale blue, mint green," she said. "It sounds kind of girly and you might think that sounds too sweetie pie for a lot of women. But it's being cut in really simple shapes like a pale blue trench coat or a pale pink motorcycle jacket, a mint green pencil skirt. It's really kind of cool colours and classic pieces."

For those keen to crank the colour or longing for a bolder statement in the form of pattern, blooms are back in a big way. Tant pointed to emergence of large, bright, bold florals and tropical patterns for the coming year.

Feeling fringe

Expect to see a little something extra in the form of embellishments on apparel and accessories for the new year. The fringe is flowing and in abundance as a stylish addition to many key pieces. THE CANADIAN PRESS

Hydrating hair oils for winter

Don't underestimate the powers of frigid temperatures, biting winds and central heating to damage your hair

ROMINA MCGUINNESS
Metro World News

So many of us assume that the only time our locks deserve a little TLC — a smother of coconut oil, a drop of shea butter — is once they've been frazzled by the burning sun and dipped in sea salt. Once summer is over, you switch to richer conditioner, slip on a beanie and voilà. But that won't be enough.

Frigid temperatures outdoors, central heating indoors and biting winds can do just as much damage to your hair as 12-day beach vacay. To help, we've rounded up oils formulated with the most nourishing ingredients including avocado, olive or argan to oil, to keep your hair hydrated over winter — despite the blasting heat of the hairdryer.

Moroccanoil
Treatment Light
$50

Kiehl's
Olive and avocado leave-in cream
$30

Sisley
Extract for Hair and Scalp
$139

L'Oreal
Professional Mythic Oil
$23

Ojon
Rare Blend Oil Moisture Therapy
$49

Wella
SP Luxe Oil
$33

Twitter

JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Happy day: Perfect way to say goodbye to 2013+hello to 2014!!! X-country skiing at the farm with my family. #bliss

Me in my farmhouse kitchen with my #OrderofCanada pin! Sweetest accessory ever...

Canadian street style

Spotted in: Toronto

Name: Skye

Age: 25

Occupation: Fashion stylist

What she's wearing
Zara coat and scarf, Rebecca Minkoff bag, 3.1 Phillip Lim boots.

Her inspiration
"London street style, i-D magazine, '90s minimalism, Hanne Gaby Odiele: off duty."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Sparking new life into a cold fireplace

DIY. Tricks for making a hearth more welcoming range from adding pillar candles to installing a new mantle or insert

If your festive stockings are looking out of place hanging from a dated and unused fireplace, it's time to give that old hearth a facelift. Adding some simple and affordable design elements will restore the fireplace as an inviting destination to read a book or gather with friends and family.

To bring an old-fashioned design into the 21st century, consider a more in-depth overhaul that will be both stylish and energy efficient.

Bring the outdoors in

Even if a wood fire isn't in the near future, logs for decoration can give an empty fireplace some life. Try experimenting with different stacking patterns and types of wood, like birch. White birch bark provides a nice contrast to many dark brick fireplaces and can make them look more welcoming and less like a black hole in the wall.

Shine a light with candles

For a more elegant look, replace logs with candles and go for a layered appearance using a mixture of pillar candle sizes. White or cream candles will work with almost any fireplace but get creative by adding some colour to complement the room's decor. To help fill out larger spaces, try adding an elegant cast iron candle holder.

Modernize with a new mantle

Installing a modern and stylish mantle is an easy refresh project. They can either be bought separately or as part of a larger fireplace kit for a more complete makeover. The kits come in different sizes so make sure to take measurements before visiting a store. There are legal requirements about how close materials can be installed from the fireplace opening so do some research before beginning to ensure you're not creating a fire hazard.

Fire up a fireplace insert

While the initial costs of installing a fireplace insert are high, it's a practical and energy efficient solution everyone should consider. Installed into an existing fireplace, inserts not only transfer more heat into the home than a traditional fireplace, but don't let the fire's energy escape through the chimney. Wood-burning inserts are available for the traditionalist, but electric or gas options are far more efficient.

House Crashers

- For more home improvement ideas tune in to House Crashers, Wednesdays at 9 p.m. ET/PT on DIY Network Canada.

Make your fireside inviting again by using the tricks and tips listed. ISTOCK

Kick off healthy eating resolutions with baked salmon

For a healthy start to 2014, try this baked salmon.

Ingredients

Citrus marinade
- 1/2 cup (125 ml) orange juice
- 1 tbsp (15 ml) lime zest
- 1 tbsp (15 ml) lemon zest
- 1 tbsp (15 ml) fresh ginger, chopped
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) fresh cilantro, chopped
- 1 tbsp (15 ml) honey
- 2 cloves garlic, chopped
- 2 green onions, chopped
- Freshly ground pepper

Salmon
- 8 salmon fillets, 5 oz (140 g) each
- 1 tbsp (15 ml) honey
- 6 oz (180 g) Le Noble cheese, cut into 8 slices
- 1 cup (250 ml) snow pea or sunflower shoots
- 1/2 cup (125 ml) fresh cilantro

Asian-Baked Salmon with Le Noble Cheese

This recipe serves eight. DAIRY FARMERS OF CANADA

1. Mix all marinade ingredients and marinate salmon 1 hour.

2. Preheat oven to 425 F (220 C).

3. Remove salmon from marinade and pour into a small saucepan. Place salmon on a parchment-lined baking sheet and cook in the oven for 12–15 minutes or until desired doneness.

4. Meanwhile, bring marinade to a boil, simmer for 5 minutes and remove from heat. Add honey and reserve.

5. Place slice of cheese on each plate, lay salmon over cheese and garnish with shoots and cilantro. DAIRY FARMERS OF CANADA (ALLYOUNEEDISCHEESE.CA/GRANDPRIX

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Leafs centre Tyler Bozak scores the shootout winner on Red Wings goalie Jimmy Howard at the NHL Winter Classic on Wednesday in Ann Arbor, Mich.
STEVE RUSSELL/TORSTAR NEWS SERVICE

Bozak breaks Leafs out of the Big House

Cool competition.
Leafs beat Red Wings in shootout at chilly, snowy Winter Classic

Mike Babcock wasn't on the ice at Michigan Stadium, so seven minutes into the Winter Classic the Detroit Red Wings' coach asked star Pavel Datsyuk how he thought things were going.

"He said, 'Well, we're being too careful with the puck,'" Babcock said. "But he said, 'We got to be because you're scared to turn it over, there's so much snow.'"

Snow built up throughout the frigid game, which the Toronto Maple Leafs won 3-2 in a shootout to jump ahead of the Red Wings in the standings. The conditions didn't make for the prettiest game, but the spectacle of a capacity crowd of 105,491 in Ann Arbor set a picturesque scene.

"I don't know if you would call it a gem from a pace standpoint," Leafs coach Randy Carlyle said. "The weather definitely changed the way it was presented with the snow coming down, and it brought back a lot of memories from a childhood of playing outside."

Tyler Bozak scored the shootout winner in an event that set the NHL attendance record and might have been enough to make the Guinness Book of World Records. It was -11 C at puck drop. James van Riemsdyk and Bozak scored for Toronto and Daniel Alfredsson and Justin Abdelkader had markers for Detroit.

"The NHL did a good job keeping the ice as clean as possible," said Leafs captain Dion Phaneuf. "It's an experience. It's an outdoor game — in the middle of winter you're going to have snow." THE CANADIAN PRESS

Winter Classic

Maple Leafs	Red Wings
3	2

Old time atmosphere

"To me, today was a home run for hockey."
Red Wings coach Mike Babcock

Michael Schumacher

F1 legend still in critical condition

Formula One great Michael Schumacher's condition was stable but still critical overnight as he remained unconscious following a brain injury suffered in a skiing accident, his manager said Wednesday.

Schumacher has undergone two brain operations and remains in a medically induced coma.
THE ASSOCIATED PRESS

NBA

Raptors roll past beast of the East

If the league-leading Indiana Pacers provided the perfect gauge for just how much the Toronto Raptors have improved, the answer was: Plenty.

DeMar DeRozan poured in 26 points to lead the Raptors to a 95-82 win over Indiana on Wednesday, handing the Pacers their sixth loss of the season.

The win was Toronto's fourth in a row and eighth of their last 10, snapping Indiana's five-game winning streak. THE CANADIAN PRESS

Eyes on Sochi

Stamkos on fast track from broken leg to Olympics

Steven Stamkos continued to skate towards his Olympic dream, hoping that he can recover from a broken leg in time for the Sochi Games. The Canadian sniper skated in Vancouver Wednesday after his Tampa Bay Lightning squad held a morning practice.
THE CANADIAN PRESS

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Horoscopes

♈ Aries
March 21 - April 20
With Mars, your ruling planet, moving through your opposite sign of Libra you will be very impatient over the next 24 hours, especially with people who think slowly. Compared to you, that's just about everyone.

♉ Taurus
April 21 - May 21
Cosmic activity in the work and well being area of your chart warns you must be careful not to overdo it today. You may have a thousand and one things to do but you won't get them all done at once.

♊ Gemini
May 22 - June 21
Don't let others' doubts stop you from pushing ahead with a plan you know has the potential to make you both happy and successful.

♋ Cancer
June 22 - July 23
Try to give loved ones more freedom today and tomorrow. It's not enough just to say that you trust them — show it too. Besides, the more you try to control others, the more you encourage them to break away.

♌ Leo
July 24 - Aug. 23
Your confidence may sink today but it's a passing phase, so don't worry about it. Most likely you are the only one who will notice anyway. A Leo who lacks confidence still looks and sounds like a winner.

♍ Virgo
Aug. 24 - Sept. 23
The sooner you stop worrying about your money situation, the sooner it will sort itself out. The more you torment yourself about something the more power you give it.

♎ Libra
Sept. 24 - Oct. 23
Mars in your sign makes you more aggressive than usual, so be careful when dealing with people one-to-one. You may not realize how intimidating you seem, but others notice. Treat everyone with respect.

♏ Scorpio
Oct. 24 - Nov. 22
There is no point feeling sorry for yourself, not even if your number one plan seems to have hit a brick wall. If fate in its wisdom wants you to stop for a while or try a different course, just take it in your stride.

♐ Sagittarius
Nov. 23 - Dec. 21
Others may say you are aiming too high but you know that you have to aim high to increase your chances of hitting a worthwhile target.

♑ Capricorn
Dec. 22 - Jan. 20
Mars is currently moving through the career area of your chart, which means that people who see you as a rival will do whatever they can to disrupt your climb to the top. They won't succeed, of course.

♒ Aquarius
Jan. 21 - Feb. 19
Take care not to say too much when talking to people you are not sure you can trust. You like to chat, it's part of your nature, but if you say too much you could undermine your position.

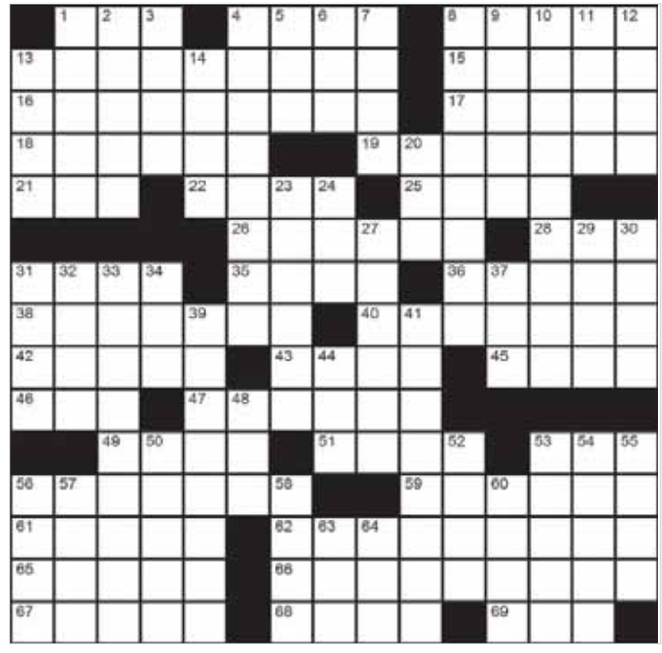
♓ Pisces
Feb. 20 - March 20
You know may believe one thing but if your instincts tell you a different story, it is your instincts you must trust. There is such a thing as herd mentality and there's a lot of it.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

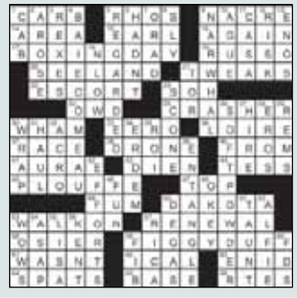
BY KELLY ANN BUCHANAN



Across
1. Nero's 201
4. Parisian 'pea'
8. Type sizes
13. Canadian comic legend: 2 wds.
15. Judy Garland's daughter Ms. Luft
16. Theory of __
17. Eel, in sushi bars
18. Leave
19. Inhabitant
21. Magazine edition [abbr.]
22. Celeb's to-an-event ride
25. Ms. Gray of tunes
26. Sewing machine brand
28. Address book abbr.
31. Pro __ (In proportion)
35. __ __ off (What light switches could be at any given time)
36. County in Ireland
38. Component
40. The Band song that goes "Boards on the window / Mail by the door..."
42. Famous violin, commonly
43. Organic compound
45. Li'l instruments
46. Rocky hill
47. Legendary lady of Coventry
49. Actor/rapper, __-_
51. Door openers
53. Curve
56. T.O.'s world-renowned free-standing structure: 2 wds.
59. Sporty position
61. Q. "Is '__' _ 1991 Dustin Hoffman movie?" A. "Yes."
62. Hit by Montreal band Bran Van 3000 featuring the singing of Curtis Mayfield
65. Ms. Lavigne
66. Sports: Ottawa Senators founder, Bruce __
67. Actress Salma
68. Gulf leader [var. sp.]
69. 'Count' suffix

Down
1. Inlets
2. Dices
3. Bran Van 3000's "Drinking __ _._"
4. Jim __, Canadian tycoon whose holdings include the Guinness World Records books
5. Clandestine maritime org.
6. Oath-taker's words
7. Music's *N__
8. Ancient Greek biographer of Parallel Lives
9. Ancient column style
10. Chilliwack song: 2 wds.
11. Brad Pitt's leading lady, for short
12. 1940s baseball pitcher Johnny
13. Knight in George Lucas' world
14. Ringlet
20. "_ __ Mine" by The Beatles
23. Coined
24. Artist Yoko
27. Furrow
29. Lake __
30. Pasturelands
31. Relaxation
32. Choir voice
33. Nunavut, for one
34. Music honour, e.g.
37. Currency in Romania
39. Out-in-the-open-air attraction at #56-Across
41. Theatrical offering attendee
44. 'Neat' suffix
48. 'Capri' suffix
50. American journalist Ms. Roberts
52. __-chef
53. Canadian shoe stores
54. Nothings: French
55. Give up
56. Nuu-__-nulth (People of the Pacific Coast of Vancouver Island)
57. Explosive star
58. "Pearl Harbor" (2001) role, Capt. __ McCawley
60. Poker stake
63. Actor Alastair
64. Three

Tuesday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2	5		1	7	3		
	3				9			8
			4	3				
		6				4	5	
			3		1			
	5	9				7		
				4	2			
1			9				2	
		4	1	7		9	6	

Dec 26's Sudoku

3	7	9	1	2	5	8	4	6
1	2	8	3	4	6	5	7	9
6	5	4	8	9	7	3	2	1
7	6	1	9	3	8	4	5	2
9	4	3	5	6	2	1	8	7
2	8	5	4	7	1	9	6	3
5	1	2	6	8	9	7	3	4
4	9	6	7	5	3	2	1	8
8	3	7	2	1	4	6	9	5

Weather

TODAY	FRIDAY	SATURDAY
MAX: 0° MIN: -15°	MAX: -7° MIN: -12°	MAX: -15° MIN: -22°

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